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**Parenting Matters 8-week Course**

In partnership with,

**Parenting Matters 8-week Course,**

**Thursdays for 8th February for 8-weeks.**

**Moray Resource Centre, Elgin.**

**FREE (Booking Required)**

Would you like some timeout just for yourself?

Would you like to understand your

child/teenager better?

Are you interested in coming along to our FREE 8 week Parenting Matters Course, 2 hours/week, to find new ways of making family life work better? You can meet other parents and share experiences in a non-judgemental, relaxed environment. We are a friendly, informal organisation and all our groups are run by PARENTS for PARENTS.

Cuppa and biscuits provided

**Parents Feedback from previous courses:**

*“I really enjoyed the group and I made new friends”*

*“I’m calmer recognizing my own needs and my child's”*

**Booking via: www.moraywellbeinghub.org.uk**

**Facebook (Moray Wellbeing Hub)**

**Or call Heidi on 07989331651**

More course information at www.parentnetworkscotland.org.uk